



Summer and Fall 2014

Human Resources &
Information Technology Services Departments

CPR/First Aid/AED Training

Effective bystander CPR (cardiopulmonary resuscitation) can double a victim's chance of surviving sudden cardiac arrest. CPR helps maintain vital blood flow to the heart and brain and increases the amount of time that an electric shock from a defibrillator (AED) can be effective.



Become certified through the American Heart Association by enrolling in a Heartsaver First Aid With Adult CPR & AED class today!



Classes held Thursdays **8 AM - 4 PM** in the Public Works Lunchroom (unless otherwise noted)

June 19th

July 17th

August 21st

September 18th

October 16th

November 20th

LOCATION

**City of Chula Vista
Public Works Center
1800 Maxwell Rd.
Chula Vista, CA
91911**

COST

**\$25 Public
\$10 SWC Students
Free for employees
& registered
volunteers**

This class is open to the public; encourage your friends and family to attend with you. Wear comfortable clothing because you will demonstrate CPR techniques on the floor using manikins.

Employees can enroll via the City's TargetSolutions site at <http://app.targetedsafety.com/login/?c=cityofchulavista> using your email address as your user name & your custom password. Under the "Home" tab select "Events" then choose the date of the course and click on the green "enroll" box.

Employees without internet access, volunteers, and nonemployees, please call Isabel Zetina in the Human Resources Department at (619) 407-3589 for assistance with enrollment.